

## Introduction

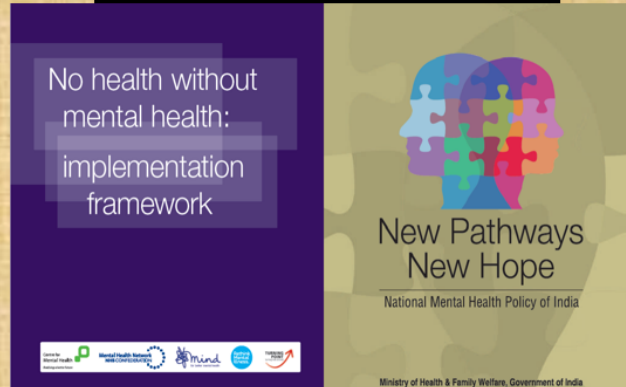
Poor mental health has been inextricably linked to societal factors such as stigma, poverty, unemployment, social discrimination, etc. This has been proposed by several mental health policies. However, the governance and the actual 'problems' behind the mental 'wellbeing' of individuals often get neglected and induce a political framework that controls the public behaviour and upcoming policymaking approach.

## Conclusion

'Stigma' and 'economy' are driving the narrative of mental 'wellbeing' at the root level. The stigma is deeply engrained in the paternalistic ideology but with the provision of equity to different stakeholders in terms of accountability and facilities, the constitution of an optimal mental healthcare framework can be envisaged. A foreseeable consequence of the socio-democratic and neo-liberalistic approach is that in an effort to sustain political dominance and favouring vulnerable groups through policies, the policies seem to get adulterated.



## Mental 'wellbeing' Discourse



## Future Research

Proposals regarding mental health 'promotion' in varied cultural context.  
Way in which recovery or clinical interventions are contributing to the recovery discourse.  
Impact of neo-liberalism in mental health in cultural heavy countries such as India and China.

## Method

Using Bacchi's 'What's the Problem Represented to be?' Methodology, the project focuses on reviewing two mental health policy documents from India and England to study the discourse of mental 'wellbeing'. The objective of policy is to not 'solve' rather 'produce' or 'discover' problems; problems that stand relevant to a specific time or circumstances.

## Themes Emerged

**Pathologizing vs Personalized  
(recovery mechanism)**

**Deprivation vs Social  
Exclusion (conceptualization  
of mental 'wellbeing')**

**Socio-democratic vs Neo-  
liberalistic (Political  
framework/governmentality)**